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Cleansing & Clean Eating Guide:

*(This guide accompanies the many 10 Day
Cleanse Program)*

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How Does Cleansing Benefit Health?

To understand how a cleansing program can help you to feel better and have more energy, you need to know a bit about the way your body works and in particular about the **liver**.

The liver is a very hard working organ, with a wide range of extremely important functions.

One of these is to breakdown or detoxify any harmful substances that enter the body, and turn these into non-harmful products that can be safely expelled from the body via the **digestive system**.

It has been estimated that humans consume more than 2 pounds of artificial toxins per year!

This includes **alcohol**, **caffeine**, chemicals in foods such as **pesticides** and **food additives**, toxic heavy metals (e.g. lead, mercury), nicotine and medications.

Because we are taking in so many toxins these days, the liver can become over-worked and can benefit from having a rest! By temporarily cutting out toxins in the diet, we are allowing the liver to have a little holiday from working so hard!

A healthy liver is vital to many aspects of our health, because it has such a wide variety of its own important functions, *and* it is connected with and affects many other systems of the body including the **digestion**, the **immune system**, the **heart** and the **hormones**.

So if the liver is not working properly, or is overloaded, the consequences to our health can be far reaching.

For example, one of the liver's jobs is to clear excess hormones from the body including oestrogen and testosterone.

So, if it is not working efficiently, a build up of excess oestrogen and testosterone can result in hormonal imbalances. This increases the likelihood of problems such as PMS and acne.

Other common problems associated with a 'sluggish' liver are digestive problems and an increase in colds and infections, due to connections with the immune system.

Supporting the liver is therefore key during a cleansing or detox program. Some foods actually help to activate detoxification pathways in the liver and these are therefore encouraged in abundance during your program.

They include **lemons**, vegetables from the Brassica family such as **cabbage**, **broccoli**, **Brussels sprouts**, **cauliflower** and **kale**, plus sulphur-containing foods such as **garlic** and **onions**.

Foods rich in substances called **antioxidants** are also very important while detoxing (and as part of an everyday, healthy diet).

Antioxidants are wonderful compounds found in plant foods, which protect our cells from damage by another group of compounds called **free radicals**.

Free radicals are produced as a by-product of normal bodily processes including detoxification, and it is the job of antioxidants to literally 'mop-up' these free radicals and stop them doing any harm.

Particularly rich sources of antioxidants are **berries**, **pomegranate**, **raw cacao**, **grapes and grape juice**, **plums**, **figs**, **cherries**, **guava**, **oranges**, **mango**, **artichokes**, **cabbage**, **broccoli**, **asparagus**, **avocados**, **beetroot** and **spinach**.

Consuming **organic food** wherever possible also reduces the toxic load on the liver, as organic foods do not contain pesticides or other chemicals.

Once substances have been detoxified by the liver, they pass into the digestive system and out of your body when you go to the bathroom.

This process is reliant on the presence of **soluble fibre** in the gut, which speeds up the movement of digested food along the digestive tract, carrying the toxic by-products of detoxification along with it.

Therefore soluble fibre is also an important part of your cleanse diet - **beans, lentils, apples** and **oats** are particularly good sources of soluble fibre.

The **skin** is also used as a route to expel toxins from the body, and its large surface area means it is actually the **largest detoxification organ** of the body.

When we have too many toxins in our diets, or the liver becomes sluggish we may therefore suffer with skin problems such as acne.

Another benefit of following a cleanse, is therefore to help clear up any skin problems associated with either hormonal imbalances or toxicity.

Other foods we suggest you avoid during the cleanse, such as wheat, dairy and meat are all relatively difficult for the body to digest and use up a lot of energy doing so. Cutting these out temporarily gives the digestive system a rest as well.

By giving the liver and the digestive system a rest, your body can divert the energy it saves towards healing, regenerating, repairing and re-energising you, your mind and your body.

This will help you to recover and get back to optimal health and vitality. Giving your system a rest and a chance to clean itself out has a multitude of health benefits, including increasing your energy levels, improving skin conditions and balancing hormones. It is also a great way to kick-start a weight-loss regime.

A Balanced Diet

The following guidelines are for you to follow after you finish the 10-day cleansing program, in order to achieve a healthy, balanced diet.

A balanced diet means consuming all the nutrients your body needs in order to function to its greatest ability. But what does it actually look like?

General guidelines for a balanced diet are as follows: -

- 50% Carbohydrates
- 30% Protein
- 20% Healthy fats

Fruit and Vegetables

- Choosing a **rainbow** of different coloured fruit and vegetables ensures you eat the widest variety of nutrients.
- Aim for 6 -10 portions of different fruit and vegetables each day (see what constitutes a portion below)
- For main meals fresh vegetables should cover at least **half** your plate.
- Vegetables are best eaten raw, steamed, grilled or baked

Over the week, include vegetables from each of these groups: -

- Dark green leafy vegetables – broccoli, cabbage, watercress, spring greens, spinach, Brussels sprouts, asparagus, kale
- Root vegetables - carrots, beets, turnips, Swede, parsnips, celeriac
- Bulbs - onions, spring onions, leeks, shallots, fennel, celery
- Fruit-type - tomatoes, peppers, aubergine, pumpkin, squash, zucchini

The benefits of eating lots of fruit and vegetables: -

- They are a **low fat**, high fibre, rich source of vitamins and minerals
- Healthy **digestion**
- **Antioxidants** – fruit and veg are the main source of these protective compounds, which protect all your cells against damage and ageing.
- Reduce risk of **heart disease** and **cancer**
- Helps lower **cholesterol**
- Help prevent high **blood pressure**
- Helps **blood sugar control** and reduces risk of **diabetes**

What is a portion?

1 portion of fruit and vegetables = approx 3oz
Small-sized fruit = 2 pieces, such as 2 kiwi, or 7 strawberries, 12 grapes
Medium-sized fresh fruit = 1 apple, banana or pear
Large fresh fruit = a large slice of pineapple or melon, or 2 slices of mango
Dried fruit – 1 heaped tbsp raisins, 3 prunes
Tinned fruit in natural juice = 2 peach halves, 6 apricot halves
Vegetables (frozen or fresh) = 3 broccoli spears, 4 heaped tbsp spinach or green beans, 3 heaped tbsp peas, carrots or sweet corn
Salad = 1 medium tomato or 7 cherry tomatoes, half a pepper, 3 celery sticks, a 1½ inch piece of cucumber, 1 small bowl of lettuce
Pulses and beans = 3 heaped tbsp but only count as a maximum of 1 portion per day even if you eat more

It's easier than you think...there is such a huge array of different fruits and vegetables that can be blended, mashed, juiced, cooked and mixed in a variety of different ways....

- Add extra cooked vegetables to soups
- Snack on fruit between meals
- Add berries and chopped fruit to your porridge, muesli or granola
- Slice cucumber, carrot and pepper into crudités and dip into hummus
- Mash carrot and Swede into mashed potato to add colour and nutrients
- Use sweet potato instead of white potatoes to make chips, wedges or jackets
- Make a rainbow salad using as many different coloured fruits and vegetables as you can
- Make a smoothie with fruits such as mango, pineapple, and berries with yoghurt and a splash of apple juice.
- Try fruit salad instead of your usual apple or banana
- Enjoy stews and casseroles as you can add lots of vegetables to these
- Add beans, lentils and peas to salads, stews and soups

Wholegrains

Carbohydrates are an essential part of a balanced diet and cutting them out simply isn't good for you. Please forget any popular diets or anything you have read telling you to cut carbs from your diet.

Your body needs carbohydrate foods for many important functions. Instead of cutting carbs, what we need to do is to choose the right ones!

Why we need carbohydrate foods:

- Energy – release sugar into the blood to give you energy
- Fibre – essential for healthy digestion and helps reduce cholesterol
- Provide many essential nutrients including B vitamins, magnesium and potassium.

So what are the right carbohydrates and which are the ones to avoid?

To put it simply, wholegrain, unrefined (also sometimes called complex) carbohydrates should *a/ways* be chosen instead of refined, processed (simple) carbohydrates.

Refining means removing the outer part of the grain (which is where all the nutrients are stored!), in order to produce a product that is easy to handle and cook with, such as white flour to make white bread, pastries etc.

These are the carbs you really can do without and *can* ditch from your diet!

Carbohydrates to include in your diet

- √ Rye bread
- √ Brown rice, wild rice, basmati rice
- √ Oats and oat based foods such as porridge and oatcakes
- √ Sweet potatoes
- √ No-added sugar muesli and granola
- √ Quinoa
- √ Millet
- √ Barley
- √ Buckwheat
- √ Amaranth

Carbohydrates to minimise/avoid

- × White bread
- × White rice
- × Cakes, pastries, biscuits, donuts, candy
- × White pasta

What about bread?

Some people find wheat difficult to digest, so it could appear on either list depending on the individual.

The only way to find out for sure, if you suspect you may have a sensitivity to wheat, is to cut it from your diet *completely* for 3-4 weeks and see if you feel better.

You can then try eating a couple of servings of bread to see if you have any adverse reaction. Depending on what the outcome, you may choose to minimise or avoid wheat.

Even people who can tolerate wheat should however be careful not to be over-reliant upon it. It would not be unusual in the typical Western diet, for someone to eat pancakes for breakfast, a sandwich for lunch and pasta for dinner. This is wheat at every meal!

This is not advisable, it is better to vary your grains over the day and aim to eat wheat a maximum of once a day.

If you choose to eat wheat *always* go for **whole-wheat** options, such as those below. Spelt and kamut are ancient varieties of wheat that are a great alternative.

They are often better tolerated due to their lower gluten content (gluten is the protein in wheat that causes the reaction in sensitive people).

Obviously there are some people with wheat or gluten allergy who *must* avoid wheat and gluten altogether.

If you know or suspect this to be the case, please consult a nutritionist or dietician for more detailed advice regarding what you can and cannot eat.

Good for some people, in moderation

- √ Whole-wheat bread
- √ Granary bread
- √ Wholemeal pitta bread
- √ Wholemeal tortilla wrap
- √ Wholegrain pasta
- √ Spelt
- √ Kamut

Protein

- Protein is needed for the growth, repair and maintenance of all cells and tissues in your body including muscles, hormones and chemical messengers in the brain.
- Calorie for calorie, it keeps you feeling fuller and satisfied for longer than carbs and fats, so can be very helpful for those trying to control their weight.
- Protein is also important for blood sugar balance (see below).

Good sources of protein - eat protein with every meal and snack

- Pulses - Beans, lentils and split peas
(Provide a perfect balance of protein and complex carbohydrates together, so great for blood sugar balance)
- Seeds - Sunflower, pumpkin, sesame, hemp, linseeds
- Nuts - Almonds, cashews, walnuts, brazil, hazelnuts, pecans
- Tofu, tempeh, miso
- Fish - particularly oily fish (salmon, sardines, herring, mackerel, fresh tuna)
- Organic chicken
- Eggs – contrary to some beliefs, do *not* raise cholesterol levels and are an excellent protein source and provide vitamins and healthy phospholipids (fats) for your brain cells in the **yolk**, so no cutting these out!
- Natural live yoghurt

- Lean red meat – limit to once or twice a week

Essential Fats

These are called essential because the body cannot make them, so they *have* to be obtained in your diet. Please don't be afraid of fat, and again if you have been programmed to 'fear' fat by previous diets, please forget this now. These healthy fats do not make *you* fat, as they are used by the body for essential functions and bodily processes.

They are needed for

- Vital for healthy cell structure and functioning
- Mood, brain function, memory
- Reduce risk of depression and anxiety
- Healthy skin and hair
- Protect the heart and blood vessels

The best sources are: -

- Oily fish
- Seeds – especially pumpkin and linseeds
- Nuts – especially walnuts, but all nuts are great – unsalted of course!
- Avocado
- Olive oil
- Cold-pressed oils such as sunflower, avocado and hemp - good for salad dressings but heating damages them so not suitable for cooking

Water

The human body is made up of approximately two-thirds water and we are constantly losing water through the skin (as sweat) and also in the breath. This water therefore needs to be replaced, as staying hydrated is necessary for several reasons: -

- Supports healthy skin
- Encourages easier bowel movements



- Detoxification – helping to flush out toxins from the body
- It forms the fluid that lubricates our joints
- It helps regulate body temperature

Even a small drop of 1-2% in our body's water level can trigger symptoms of dehydration including:

- Headaches
- Fatigue
- Loss of concentration and reduced brain function

In addition, the feeling of being thirsty is often mistaken for hunger, particularly as we get older as the thirst mechanism tends to decline with age. Drinking water can therefore help anyone trying to lose weight by helping to control appetite.

To ensure you stay hydrated, drink **1½ - 2 litres** of fluid a day including water, herbal teas and diluted fruit juice.

Food to Minimise

Sugar

Too much refined sugar in the diet can lead to blood sugar imbalances (see below), weight gain, an increased risk of developing type II diabetes, and accelerates the ageing process.

Salt

Excessive salt intake is known to increase the risk of developing high blood pressure, stroke and some cancers. It also leads to water retention.

When you do use salt in cooking, use **natural rock salt** or **sea salt** (as opposed to table salt), plus herbs and spices to add extra flavour and reduce the need for salt.

The majority of salt we eat is 'hidden' in processed foods, so limiting these is important to reduce salt intake.

Saturated Fats

The kind of saturated fats that are damaging to health are the ones found in processed foods, such as processed meats (burgers, pies, cheap sausages etc.), pastries, cakes, donuts and biscuits – especially those that come in a packet and have very long 'shelf-lives'.

If eaten in high quantities may lead to: -

- Raised cholesterol
- Sticky platelets in blood leading to blood clots
- Inflammation – increasing risk of heart disease and other illnesses

Hydrogenated/Trans fats

These are actually banned in some countries, as they are so bad for our health. Completely avoid margarines and processed foods containing **hydrogenated fats** or **trans fats**.

Processed and artificial foods

It is advisable to limit intake of pre-prepared meals, convenience foods and food additives such as artificial sweeteners, flavourings, preservatives and colourings. Try to base the majority of your diet on whole foods that you cook and prepare yourself. Buy organic foods where possible.

Stimulants

Coffee, tea, cola, energy drinks

Green/white tea is a good alternative as it contains less caffeine and provides antioxidants.

Excess intake of stimulants may lead to:

- Nervousness and anxiety
- Blood sugar imbalances
- Sleep disturbance
- Migraines and headaches

Alcohol

A healthy diet means staying within the recommended limits for alcohol consumption.

These are: -

- **Men: no more than two standard drinks per day**
- **Women: no more than one standard drink per day**

(A standard drink is one 12 oz. beer, 4 oz. of wine, 1.5 oz. of 80-proof spirits or 1 oz. of 100-proof spirits).

Total abstinence is not necessary for everyone, as there are some health benefits associated with **moderate** alcohol intake, particularly of red wine.

These include: an increase in HDL ('good') cholesterol, reduced blood clot formation, reduced risk of heart disease and stroke, plus helping to maintain cognitive function in old age.

The negative effects of exceeding the safe limits include: increased risk of alcohol dependence, accidents, stroke, some cancers, type 2 diabetes, high blood pressure, obesity, cirrhosis of the liver and depression.

And finally...

Three important things to remember when planning your diet are:

- **Colour**
- **Variety**
- **Moderation.**

Colour

As mentioned earlier, eat a rainbow of colourful fruit and veg.

Variety

Vary your diet in general, in particular eat a variety of fruits, vegetables and grains.

Moderation

Everything in moderation and nothing in excess!

Aim to stick to these guidelines for at least for **80%** of the time. This means that you can be more relaxed for the other 20%, allowing for meals out, celebrations, holidays and of course the odd treat!

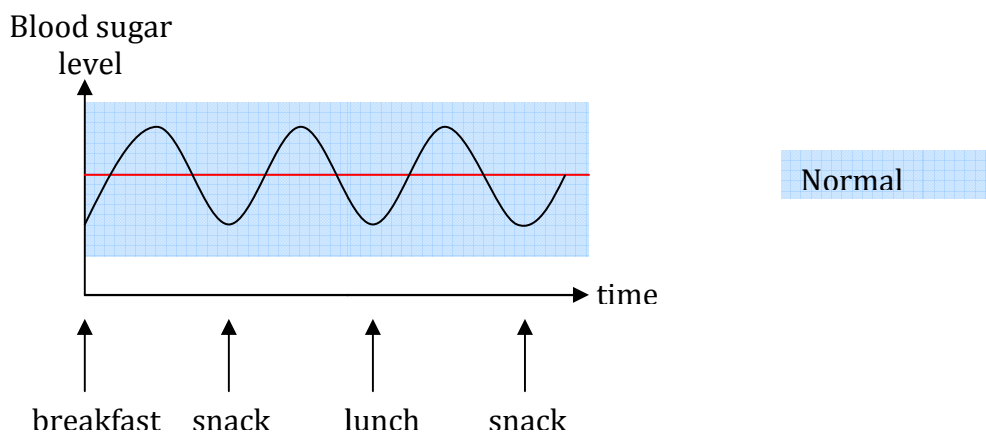
When you do have a treat, make it the best quality, most satisfying, delicious, homemade, restaurant or gourmet variety. Don't waste your time on processed, fast foods or low-quality treats!

Blood Sugar Balancing for ENERGY and WEIGHT LOSS

Blood sugar refers to the amount of glucose (sugar) in the blood that is available to our cells to use for **energy** production.

It is important that we keep our blood sugar levels within a certain range, in order to provide our bodies with a **constant supply of energy** throughout the day.

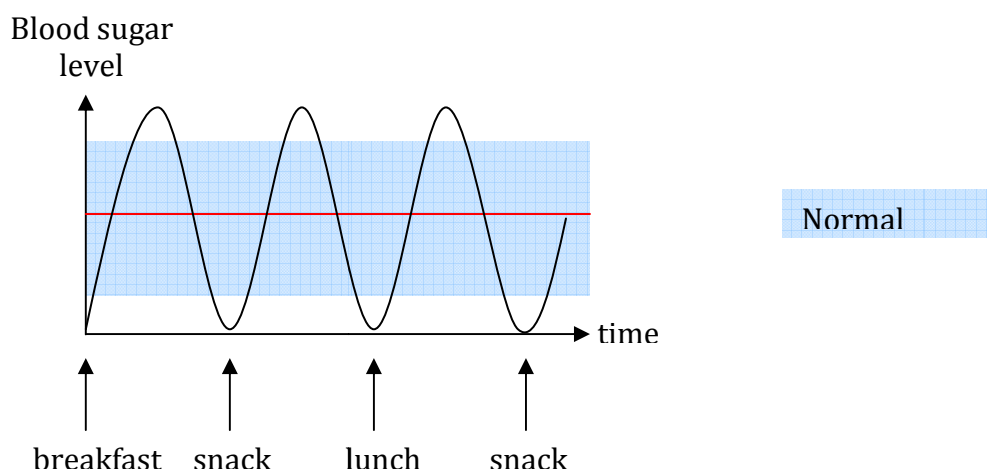
The diagram below shows how blood sugar levels fluctuate over the course of a day, but stay within a relatively narrow 'normal' range.



The level of glucose in the blood rises after a meal and then falls as the energy from the food is used up. When the blood sugar curve looks like this, blood sugar is in balance and energy levels will be consistent throughout the day.

Blood Sugar Imbalance – when it goes wrong

When the wrong types of food are eaten, blood sugar levels can easily become **unbalanced** resulting in extreme highs and lows in blood sugar levels as shown in the diagram below.



In this scenario, a high sugar or refined carbohydrate (such as sugary cereal or white bread) has been eaten for breakfast. It causes the blood sugar levels to rapidly rise above the normal range.

To counteract this, the body produces a hormone called **insulin** to bring levels back down to the normal range.

The job of insulin is to move glucose out of the blood and into the cells for use, or for **storage** either in the muscles or as **fat**.

However, in order to counteract the very high blood sugar level produced by this sugary food, the body produces very high quantities of insulin, which can over-compensate and send the blood sugar levels down too low.

Again this is shown on the graph, going *below* the normal, desirable range this time. The resulting **low blood sugar levels** cause a range of unpleasant symptoms: -

- Fatigue, energy dips, poor concentration
- Dizziness, irritability, mood swings
- Reliance upon stimulants, such as caffeine for energy
- Cravings for sweet foods and difficulty controlling appetite

When blood sugar is low, strong **sugar-cravings** occur and we are much more likely to eat high sugar foods for a 'quick fix' to make us feel better.

Comparing the two scenarios above it can easily be seen that controlling our blood sugar is beneficial for our energy levels, health and weight control. Blood sugar imbalance over time can also be a precursor to **Type II diabetes**.

How to keep blood sugar balanced

Follow the 5 simple steps below to balance blood sugar, keep your energy constant throughout the day and to help regulate your appetite and control your weight.

1. **Eat regularly** – low blood sugar also occurs if we go too long without food. Aim to go no longer than **4 hours** without.
2. **Avoid refined carbohydrates and sugary foods** – replace with wholegrains and complex carbohydrates
3. **Always** eat **protein** at each snack or meal – protein is extremely important for balancing your blood sugar levels and keeping you satisfied and feeling fuller for longer.
4. **Increase the consumption of fibre** - fibre has been shown to help balance blood sugar levels.
5. **Limit stimulants** – caffeine disrupts blood sugar balance so limit to 1-2 per day max

Detox Your Mind

As mentioned in the introduction, detoxing your mind is also very beneficial for improving energy, wellbeing and vitality.

This section, gives some more detailed instructions on how to do this.

Meditation, deep **breathing exercises**, **yoga** and **Pilates** all have many proven benefits:-

- Improves happiness
- Increases your energy levels
- Improves sleep
- Helps weight loss
- Makes you more successful in business
- Excellent for solving problems & creativity
- Lowers blood pressure & boosts the immune system
- Reduces negative emotions, stress, anxiety, fear, anger, sadness
- Slows down the ageing process

Deep Breathing Exercise

When we are stressed we tend to shallow breathe, which means we don't get as much oxygen into the lungs. Deep breathing should come from the diaphragm filling your lungs completely so that your ribcage expands sideways. This type of breathing increases the circulation of oxygen to tissues, helps to ease stress and anxiety and clear and focus the mind.

Starting your morning and finishing the day with five minutes of deep breathing can relax your mind and body and help to relieve unwanted tension.

The 3 simple steps of breathing meditation

1. Sit cross-legged or lie in a comfortable position with your eyes closed
2. Slowly breathe in through your nose and out through your nose, relax as you exhale
3. Keep your focus and attention on your breath, when a thought arises, observe the thought, then let it float away like a cloud in the sky. Keep your attention focused on your breath. Note: Start with 5-10 minutes and over time and aim to build up to 15-30 minutes

4 simple steps for deep relaxation

1. Lie on your back with your eyes closed
2. Slowly breathe in through your nose and out through your nose, relax as you exhale
3. Bring your attention to your head and face, slowly breathe in through your nose and as you exhale relax all the muscles in your head and face
4. Repeat step 3 for each area of your body. Note: This whole body relaxation process should take around 10 minutes

Tools to enhance deep relaxation and meditation

- For a great selection of alpha music to aid deep relaxation visit www.silenceofmusic.com/shop/
- Holosync is an excellent system for enhanced meditation. Visit www.centerpointe.com/ to order the free demo

Other Tips for Improving your Well-being

Most of us are always on the go, so each day take time out to do something for you.

This should be something you enjoy, be it knitting, dancing, listening to music, a massage, reading or taking a hot bath at the end of the day. Scheduling 30 minutes of quality 'you-time' into your day will help re-energize you.

Limit use of Technology

We tend to have an over-reliance on technology these days, including smart phones, computers, tablets and TV.

Many of us spend all day at work in front of the computer screen, so if we add to this the time in the evening watching television, on facebook, the phone etc. it can be an alarmingly high proportion of our waking hours.

Limiting non-necessary use of technology can be beneficial to your energy levels.

Electronic devices can over stimulate the nervous system. In addition, the bright light emitted by the screen tricks the brain into thinking it is daytime.

In response it produces brain chemicals that make us stay awake, instead of the ones that make us sleep, even at bedtime! This can make it difficult to get to sleep and also reduce the quality of your sleep.